

Bur Oak Secondary School's Guidance Department Presents....

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# A Parent's Guide to Navigating High School

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# Agenda

1. Introductions
2. Review of OSSD Requirements
3. The Language of Education
4. Post Secondary Planning
5. Mental Health and Well Being
6. Communication with the School
7. Take our Kids to Work Day
8. Get Involved with Life at BOSS
9. Questions?

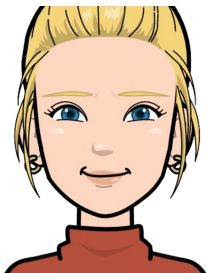


# Land Acknowledgement

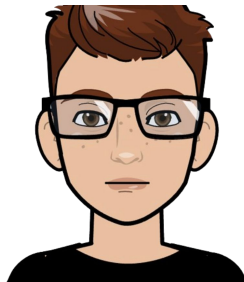


We would like to start by acknowledging that we are on the traditional territories of the Wendat, the Haudenosaunee (ho-dee-no-SHOW-nee), and the Anishinaabe (a-nish-i-NAA-bay) peoples, whose presence here continues to this day. We would like to acknowledge that this is the treaty lands of the Williams Treaties and the Mississaugas of the Credit and thank them and other Indigenous peoples for sharing this land with us. We would also like to acknowledge the Chippewas of Georgina Island First Nation as our closest Indigenous community and our partners in education.

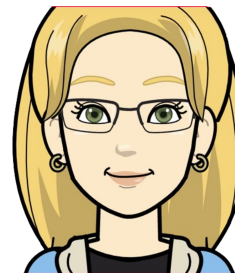
# GUIDANCE TEAM



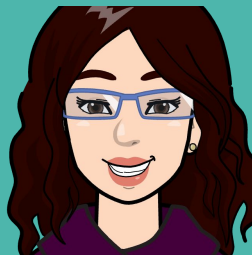
**Ms Andersen**  
**A to CHEN**



**Mr Vittore**  
**CHENG to KI**



**Ms MacSween**  
**KO to MAK**



**Ms Wong**  
**MAL to SUM**








**Dept Head**  
**Ms Doganoglu**  
**SUN to Z**



**Ms Pileggi**  
**Administrative**  
**Assistant**

# How To Book an Appointment

- Students find their counsellor's appointment calendar - on school website, Google Classroom, school TV monitors & bulletin boards
- Choose a time that works best and click on that time to book it!

Counsellor	Last Names beginning with	Special Education Students	Visa Students	Appointment
Ms. Andersen	A to CHEN Dual Credit &	Grades 10 & 12		
Mr. Vittore	CHENG to KI		Returning Gr 10 & 12	
Ms. MacSween	KO to MAK	Grades 9 & 11	Returning Gr 9 & 11	
Ms. Wong	MAL to SUM		New (Sept 2024)	
Ms. <u>Doganoglu</u>	SUN to Z E-Learning			

# Ontario Secondary School Diploma



# Ontario Secondary School Diploma (OSSD)

OSSLT

40 Hours of Community Service

30 Credits

2 Online Learning Credits (or opt-out)

# The Ontario Secondary School Literacy Test (OSSLT)

- 2024-25 school year will have the OSSLT in late November and again in the Spring of 2025.
- Assembly on **Thursday, October 17th in period 5** for all students writing the OSSLT this year
- Two writing sessions: Session A - 65 minutes, Session B - 75 minutes
- OSSLT will be done **Online** - **Students use their own devices**
- Based on reading and writing expectations up to and including grade 9
- **Unsuccessful?**
  - Rewrite or take the OLC (Ontario Literacy Course)



# Community Involvement

- Completing **40 hours** of community involvement is a diploma requirement
- Encourages civic responsibility, promotes community values, and reinforces importance of volunteerism
- Students are responsible for keeping records of their activities
- Recommended that students finish their hours by the end of Grade 10
- Recommended that students obtain approval before completing their hours
- **NEW:** The school will track community involvement hours **up to 40 hours** but will not track beyond that. Students are encouraged to keep their own records.



# Online Learning Graduation Requirement

- Students are required to earn **2 asynchronous online learning credits** to graduate from secondary school.
- Asynchronous online learning means that students do not attend class in real time. They work on the course independently with teacher support and must meet deadlines set by the teacher.
- Remote, synchronous courses at night school or through Indigenous Languages and International Languages do not count towards this requirement.
- Parents/guardians may choose to opt their child out of the mandatory online courses required for graduation.
- The opt out process is incorporated into the student course selection process.

# Credit Attainment

## Compulsory Courses - for our current grade 10 students

- 4 credits in English
- 3 credits in Math
- 2 credits in Science
- 1 credit in Canadian History
- 1 credit in Canadian Geography
- 1 credit in the Arts
- 1 credit in Health and Physical Education
- 1 credit in French as a second language
- 0.5 credit in Career Studies
- 0.5 credit in Civics
- PLUS one credit from group 1, group 2 and group 3

**18 Compulsory Credits + 12 Elective Credits  
= 30 Credits**

# Group 1, 2 & 3 Credits for Current Grade 10s

## Group 1

- English or French as a second language\*\*
- a Native language
- a classical or an international language
- social sciences and the humanities
- Canadian and world studies
- guidance and career education
- cooperative education\*\*\*

## Group 2

- health and physical education
- the arts
- business studies
- French as a second language\*\*
- cooperative education\*\*\*

## Group 3

- science (Grade 11 or 12)
- technological education
- French as a second language\*\*
- computer studies
- cooperative education\*\*\*

# Credit Attainment

## Compulsory Courses - for our current grade 9 students

- 4 credits in English
  - 3 credits in Math
  - 2 credits in Science
  - 1 credit in Technological Studies
  - 1 credit in Canadian History
  - 1 credit in Canadian Geography
  - 1 credit in the Arts
  - 1 credit in a **STEM-related course**
- 1 credit in Health and Physical Education
  - 1 credit in French as a second language
  - 0.5 credit in Career Studies
  - 0.5 credit in Civics

group - business, computers, co-op, mathematics (in addition to 3 compulsory), science (in addition to 2 compulsory), technology (in addition to the 1 compulsory)

**17 Compulsory Credits + 13 Elective Credits  
= 30 Credits**

# The Language of Education



# Course Types in High School

Grades 9 & 10	Grades 11 & 12
<ul style="list-style-type: none"><li>● Academic</li><li>● Applied</li><li>● Destreamed</li><li>● Locally Developed</li><li>● Open</li></ul>	<ul style="list-style-type: none"><li>● College</li><li>● University</li><li>● University/College (“Mixed”)</li><li>● Workplace</li><li>● Open</li></ul>

Many students “mix and match” to create their own unique pathway based on interests, skills and abilities

# Post Secondary Planning





# Planning for the Future

- Prerequisite planning—design backwards
- Research variety of postsecondary plans (thinking ahead) for informed choices
  - Apprenticeship
  - College—diploma or degree
  - College to University Transition
  - University--degree
  - University followed by additional education/qualifications
  - Workplace
- Think about opportunities for experiential learning



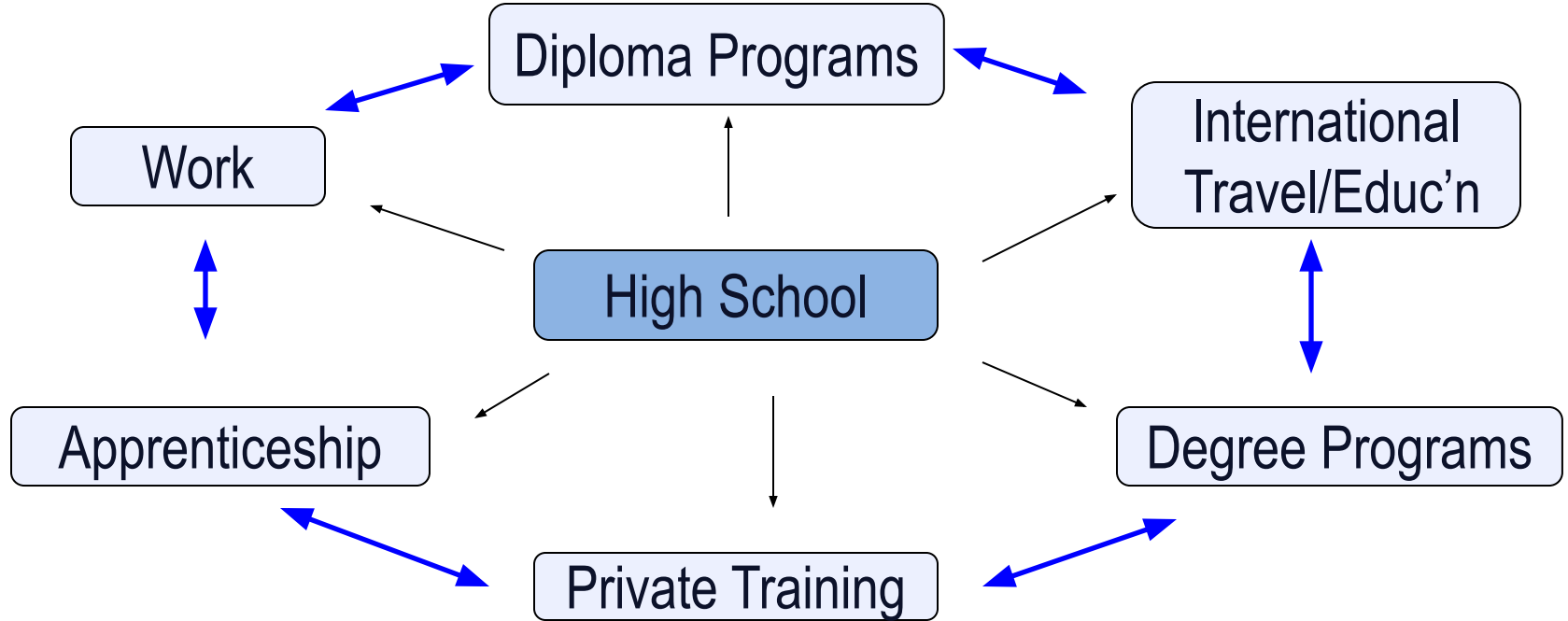
# Help your child “Get in the Driver’s Seat”

Encourage your child to....



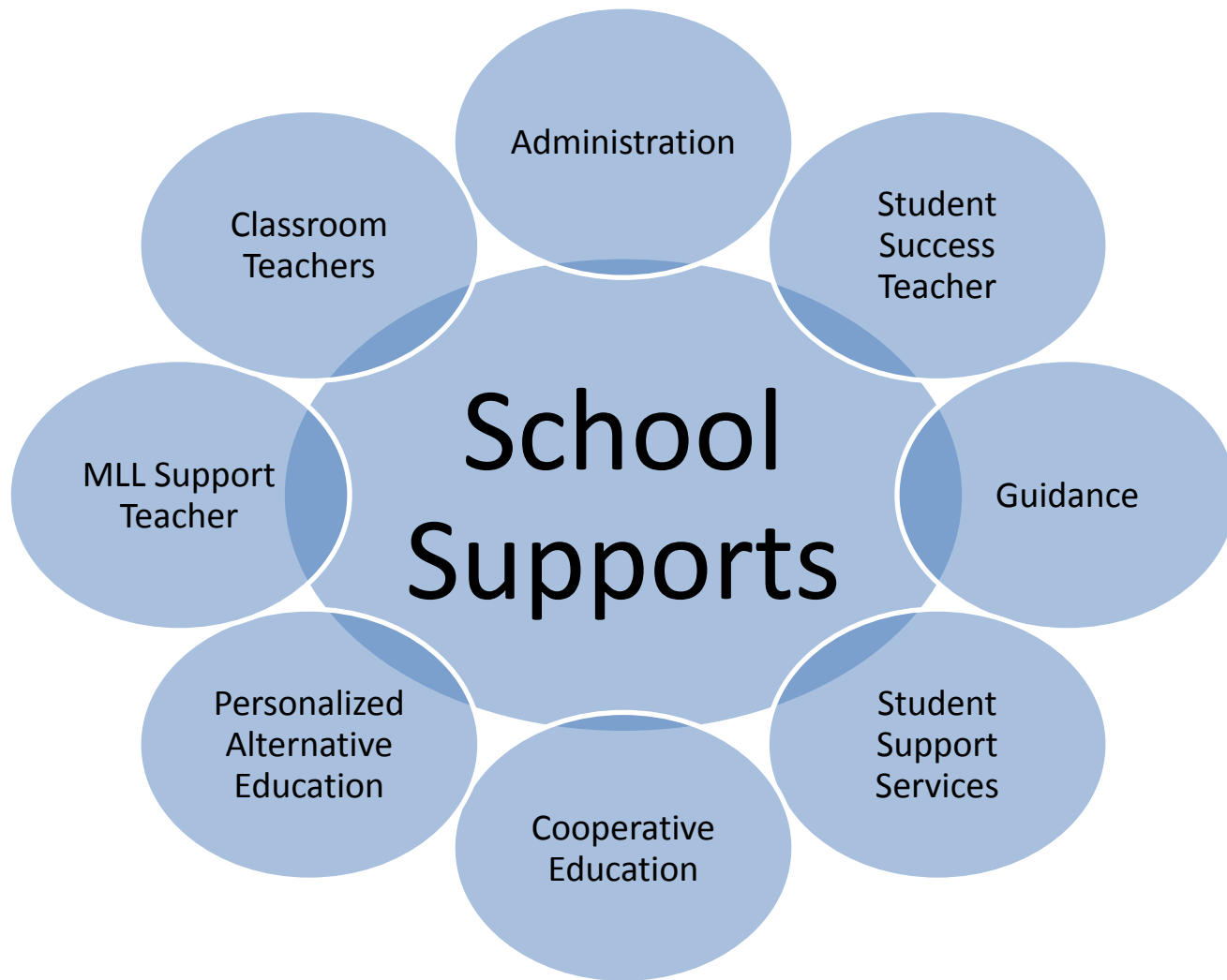
- Reflect on **their** interests and strengths
- Participate in volunteer, extra-curricular and/or co-op opportunities to discover what **they** like and don't like
- Begin researching post-secondary destinations via: [ontariouniversitiesinfo.ca](https://ontariouniversitiesinfo.ca) or [ontariocolleges.ca](https://ontariocolleges.ca)
  - This will give them current and factual information
  - Will help them choose their grade 11 and 12 courses
- Visit with a guidance counsellor to discuss appropriate pathways
- Attend post-secondary fairs and presentations, and visit college/university campuses - it's never too early!
- Think creatively about their pathway. Post-secondary pathways are flexible!

# Course and Post-Secondary Pathways are Changeable and Flexible



# Mental Health & Well-Being





# WHERE ARE YOU ON THE MENTAL HEALTH CONTINUUM?

## HEALTHY

- Normal mood fluctuations
- Calm & takes things in stride
- Good sense of humour
- Performing well
- In control mentally
- Normal sleep patterns
- Few sleep difficulties
- Physically well
- Good energy level
- Physically and socially active
- Not using substances to cope
- None or limited gambling

## RESPONDING/ REACTING

- Irritable/impatient
- Nervous
- Sadness/overwhelmed
- Procrastination
- Forgetfulness
- Trouble sleeping
- Intrusive thoughts
- Nightmares
- Muscle tension/headaches
- Low energy
- Decreased activity/socializing
- Regular but controlled substance use/gambling

## INJURED

- Anger
- Anxiety
- Pervasively sad/hopeless
- Negative attitude
- Poor performance/workaholic
- Poor concentration/decisions
- Restless disturbed sleep
- Recurrent images/nightmares
- Increased aches and pains
- Increased fatigue
- Avoidance
- Withdrawal
- Increased substance use/  
gambling is hard to control

## ILL

- Angry outbursts/aggression
- Excessive anxiety/panic attacks
- Thoughts of suicide
- Can't perform duties, control behaviour or concentrate
- Can't fall asleep or stay asleep
- Sleeping too much or too little
- Physical illness
- Constant fatigue
- Not going out/answering phone
- Substance or gambling addiction
- Other addictions

# Ways You Can Help

- Listen to Your Children
- Practice and Encourage Coping Strategies at Home (exercise, listening to or playing music, family time, board games, cook)
- Encourage Involvement in School and Community
- Don't be Afraid to Ask for Help



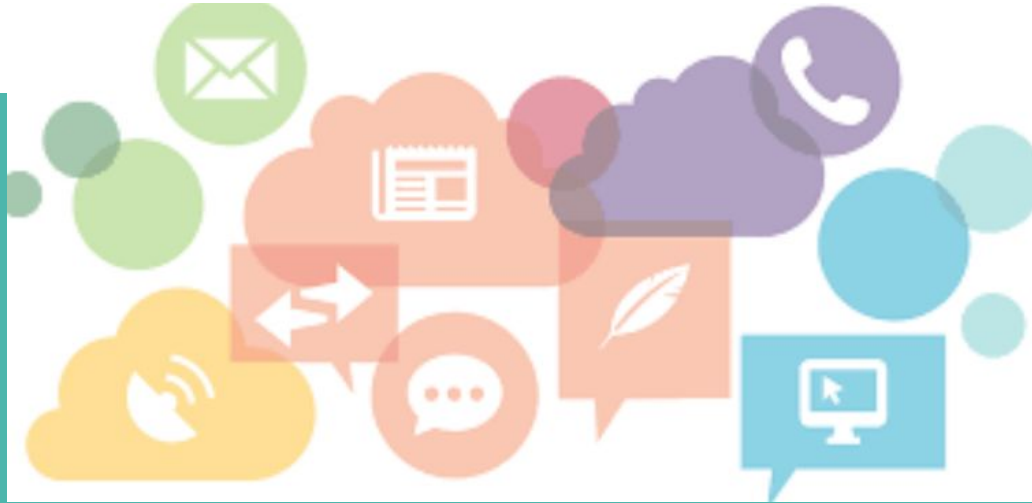
# Ways Guidance Can Help

- Academic
- Personal-Emotional
- Future planning





# Communication with the School



# Contact with teachers

Each Teacher will have their own preferred method of communication. These may include the following:

- Email ([firstname.lastname@yrdsb.ca](mailto:firstname.lastname@yrdsb.ca))
- Phone calls
- Meetings
- Google Classroom
- Teach Assist (parent/teacher interview sign up only)

**Remember**, if you are concerned, please contact your child's teacher or guidance counsellor

# Take Our Kids to Work Day



# Take Our Kids to Work Day

Grade 9

**Take Our Kids to Work Day**

will be

**Wednesday, November 6, 2024**



TOKTW is an ineligible activity for Community Involvement Hours, but a great experience!

An email will be sent to grade 9 students and their parents/guardians very soon.  
**Please make sure to complete the form linked in the email as soon as possible!**

# Life at BOSS!!!



# Encourage your children to get involved!



Getting involved in clubs, teams and councils:

- Helps students meet new friends who have similar interests and skills
- Helps them to explore and discover new things
- Allows them to develop skills while doing something they enjoy
- Provides valuable experiences that students can use on their resume, and on post-secondary and scholarship applications

The list of clubs and councils at Bur Oak S.S. is posted on the **Guidance Google Classrooms** for each grade.

# Questions?

